

(Breakthrough, Fall 1988)

*This quarter's issue of BREAKTHROUGH offers our Professional Membership an update on the six projects initiated at The Monroe Institute's (TMI) Fifth Annual Professional Seminar of August, 1987. We salute the project leaders and groups who have devoted their time and effort to furthering the Professional Membership's mission of exploring and expanding the applications of Hemi-Sync® technology.*

## **THE NEW MEDICINE/GROUP MIND UPDATE**

*by Project Leader Teena Anderson*

*[Editor's note: This group assembled in response to information which came through in a lab session at TMI in the spring of 1987, indicating that the Professional Seminar would present an opportunity for interdisciplinary professionals to initiate a unique and powerful method of healing, which could alter our fundamental concepts about illness and wellness. The concept of a "group mind" developed as the vehicle for this change.*

*As there was no pre-existing structure for this "group mind," the project group has allowed its development to evolve based on this operational statement: "To focus group mind in order to aid in developing, teaching, and otherwise quietly spreading techniques that allow healers to improve their impact. Such impact must be seen in terms of the ability of healers to ease disease in themselves and others. This concept sees all persons as healers, whether or not they are involved in professional practice. The idea of dis-ease and its antithesis of 'being-at-ease' must be defined by each person for himself." As a means of expanding group mind and enhancing healing techniques, the group sponsored a workshop at TMI in Virginia.]*

The second project meeting took place January 10-13, 1988 at the David Francis Hall at The Monroe Institute. Seven people from the first meeting returned to join with eleven new members to explore the processes of creating a group mind.

The meeting was organized for the group activities to be unstructured. This allowed individuals and the group to follow a course born out of the moment. The processes that emerged are not new, for they were described centuries ago. The key to the rediscovery of these powerful processes within that present moment was letting go of everything learned. The process of releasing all relative knowledge produced a silence and clarity which was receptive. The state of receptivity invited new information to be received. The new information became a potential that when acted upon, something was created.

The vehicle used for these processes was meditation. All participants "left their egos at the door" which allowed spirit to orchestrate the movement. The group soon discovered that lying on the floor in a mandala pattern with peoples' heads forming a circle in the center was very

powerful. The Hemi-Sync synthesizer was used with all meditation music. Discussion of experiences following the meditation provided the information which led into the next activity.

The group bonded and became unified very quickly. One participant reported, "I was aware of the group energy [the first] night and it just grew stronger every day." Other comments included: "The group energy was immediately apparent."; "I was aware of the group's energy at all times, from the first moment."; "I was aware of the group energy when the first meditation was done. The feeling was like one of being part of a bigger whole and nothing ever detracted from that feeling."; "I was first aware of the group energy during the first post mortem session of our first meditation."

The group chose to objectify this energy by creating a specific "place" in its collective consciousness where everyone was to meet as a group mind. To reach this "place", each person held within his/her mind an image of a crystal. While the individual characteristics of each crystal were unimportant, the perceptions of the crystal images served to clarify the intent of the group. The resulting experience of meeting at that "place" included the perception by each member of observing other members also being within the group mind. The specific characteristics of the group mind also differed from person to person. However, there was no doubt that the energy had been unified into a group mind of unconditional love. The group mind "place" was described by one person as containing a massage and fluffing table, another person swam in a special pool, someone else discovered a room of knowledge. Others perceived toys, computer panels, classrooms, trees, hills and waterfalls. Whatever was desired was available.

Once the group mind had been identified outside of our individual selves, we established it as a permanent "place"; one in which we are always residing rather than into which we move. As a place outside of ourselves, we called it a "healing center." As a place within ourselves, we call it a "wholeness center".

The wholeness achieved as a group mind was reflected by the impact individuals felt in mental, physical, and spiritual realms. Describing that impact, one participant wrote, "We are talking ineffable here. With that restriction, let me say that the Group Mind Healing Energy is totally real to me on a continuing basis—an immediate resource available to help with any physical or mental issue or spiritual crisis." Another person expressed, "The whole endeavor transformed my concept of what is possible to achieve with groups, on all levels of being. Personally, I felt that it moved me one step closer to self-realization, opening the door to the recognition of the multi-dimensional aspects of being." Other comments included: "I experienced a wonderful centered loving space and stayed there for an extended period of time—more than ever before."; "I felt in total harmony during the seminar which set me on a whole new path of working in all areas..."; "I experienced an expanded sense of awareness, am deeply relaxed and am motivated to integrate knowledge and share it."

This meeting proved to be a powerful tool for growth in each participant. One person's hands were activated with points of energy in the fingertips and palms—adding a new dimension and tool to her body work. Another participant lovingly released himself from prison of the past. Participants' answers on how to carry on the group theme included: "To aid in healing when asked and to continue to heal myself."; "...to visualize and sense sending energy."; "I carry it on every time I do massage or healing work and I use it daily for my own personal healing and balancing."; "...to allow love and wholeness to guide my efforts."; "Spontaneously. Following joy. Listening to guidance. Trustingly. Group theme as I interpret it refers to refusing to rely upon past learning as the light to guide us, so that we can focus upon our listening and our sharing of the present."

Conclusions about this meeting of the New Medicine/Group Mind and any future meetings can be summed up this way: "This group definitely has taken a step together on a journey that we are all making to somewhere together. What binds us together is beyond verbal abilities to define. We only know that we are bound."

Group Members: Teena Anderson, Ria Ericson, John Leerskov, James MacMahon, Jean Mandola, Jill Russell, Toni Santodonato, Elizabeth Schlemmer, Kevin Scott-Carroll, Bayard Stockton, Marcia Thompson, Connie Townsend, Jean Wallis, Martin Warren, Rita Warren, Brenda Williams, Peter Wilson.

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